

Full Report (All Nutrients) 45134707, HEALTHY CHOICE Classic Meat Loaf Complete Meal, UNPREPARED, GTIN: 00050100459741

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: July 08, 2017 18:32 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (340g) 340g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	279	82
Protein	g	--	--	14.99	4.41
Total lipid (fat)	g	--	--	5.00	1.47
Carbohydrate, by difference	g	--	--	41.99	12.35
Fiber, total dietary	g	--	--	6.1	1.8
Sugars, total	g	--	--	12.99	3.82
Minerals					
Calcium, Ca	mg	--	--	61	18
Iron, Fe	mg	--	--	1.80	0.53
Potassium, K	mg	--	--	639	188
Sodium, Na	mg	--	--	551	162
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	21.1	6.2
Vitamin A, IU	IU	--	--	99	29
Lipids					
Fatty acids, total saturated	g	--	--	2.006	0.590
Fatty acids, total monounsaturated	g	--	--	2.516	0.740
Fatty acids, total polyunsaturated	g	--	--	0.986	0.290
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	31	9
Amino Acids					
Other					
Ingredients					

MEAT LOAF AND GRAVY (MEAT LOAF WITH GLAZE [MEAT LOAF {BEEF, PORK, WATER, ONIONS, ROLLED OATS, TEXTURED SOY PROTEIN CONCENTRATE (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CONTAINS 2% OR LESS OF: GREEN BELL PEPPER, ROCHESTER SAUCE (DISTILLED VINEGAR, CORN SYRUP, WATER, SALT, GARLIC POWDER, SPICES, TAMARIND, NATURAL FLAVOR), BEEF FLAVOR (CONTAINS BEEF EXTRACT, YEAST EXTRACT, SALT, FLAVOR, MALTODEXTRIN, LACTIC ACID, CITRIC ACID), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE), NONFAT DRY MILK (NONFAT DRY MILK, VITAMIN A, VITAMIN D), WHOLE EGGS, POTASSIUM CHLORIDE, FLAVORINGS, CARAMEL COLOR, SALT, SOY LECITHIN}, GLAZE {KETCHUP (WATER, TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, SALT, ONION POWDER, GARLIC POWDER, NATURAL FLAVORS), WATER, SOY PROTEIN CONCENTRATE, SOY LECITHIN}], WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, ONIONS, BEEF BASE [COOKED BEEF, YEAST EXTRACT, MALTODEXTRIN, CARAMELIZED SUGAR SYRUP, BEEF TALLOW, BEEF EXTRACT, VEGETABLE JUICE CONCENTRATES {ONION, CARROT, CELERY}, SALT, SUGAR, CORN STARCH, LACTIC ACID, FLAVORINGS], TOMATO PASTE, BURGUNDY WINE, SUGAR, POTASSIUM CHLORIDE, CANOLA OIL, GARLIC, SEA SALT, BUTTER [CREAM, SALT], BLACK PEPPER), MASHED POTATOES (REHYDRATED POTATO FLAKES AND GRANULES [WATER, POTATOES, MONO- AND DIGLYCERIDES, DISODIUM DIHYDROGEN PYROPHOSPHATE, CITRIC ACID, SODIUM BISULFITE AND BHT], CANOLA OIL, FLAVORING [MIXED TRIGLYCERIDES, NATURAL FLAVORING, MODIFIED CORN STARCH], SALT, SUGAR, BLACK PEPPER), CORN, APPLES (CITRIC AND ASCORBIC ACID TO RETAIN COLOR), WATER, BROWN SUGAR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NONFAT DRY MILK (NONFAT DRY MILK, VITAMIN A, VITAMIN D), ACETYLATED MONOGLYCERIDES, SUGAR, WHEAT FLOUR, BUTTER FLAVOR (MALTODEXTRIN, MILK FAT ANHYDROUS, MODIFIED CORN STARCH, MEDIUM CHAIN TRIGLYCERIDES, ENZYME-MODIFIED BUTTER FAT, NATURAL FLAVOR), WHEY, SWEET CREAM POWDER (CREAM, NONFAT MILK, SODIUM CASEINATE), SALT, VANILLA FLAVOR (WATER, PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVORS [CONTAINS ETHYL ALCOHOL, CORN SYRUP, INVERT SUGAR, CARAMEL COLOR]), CARAMEL FLAVOR (PROPYLENE GLYCOL, ETHYL ALCOHOL, NATURAL FLAVORS, ARTIFICIAL FLAVORS, WATER), CARAMEL COLOR. CONTAINS: EGG, MILK, SOY, WHEAT. *Date Available: 03/09/2017 Date Last Updated by Company: 03/09/2017*